

RURAL CONNECTIONS

A Monthly Newsletter Dedicated to the events and activities of Clark County's Rural Communities

License Plate Grants benefit Mt. Charleston Area



Have you ever noticed the purple, orange and green Mt. Charleston license plates on cars around town? Did you know that those plates help the Mt. Charleston area? Through a program established by the Nevada Legislature in 1999, a portion of the fees from the plates is placed in a fund to be used for “projects and programs to support the natural environment of Mount Charleston.” Since 2011, Clark County has administered the granting of the funds and last year’s grants were the most successful and diverse yet! A total of 9 grants were awarded and included the purchase of specialized equipment for the Mt. Charleston Volunteer Fire Department, installation of a fire hydrant in Lee Canyon, publication of a book about the butterflies of the Spring Mountains, and several other projects and programs. Below you can read more about the great work being done by one of the recipients. The grant application period is open through September 1, 2014. Visit www.clarkcountynv.gov for more information about the Mt. Charleston License Plate Program.

Trail Crew finds treasures in Mt. Charleston Wilderness

(By Jose Witt, Friends of Nevada Wilderness, Southern Nevada Manager)

On June 7, 2014 a Friends of Nevada Wilderness trail crew took their first steps into the Mt. Charleston wilderness. This marked the beginning of their summer long season of service – to the mountains and the community that seeks refuge in its cooler summers and forests. Funded by the Mt. Charleston License Plate Grant this four person trail crew will focus on much needed maintenance of the Bonanza Trail – a breathtaking trail that stretches 15 miles into the depths of the wilderness. They have already maintained several miles of trail beautifully by logging out downed trees and maintaining hazardous switchbacks for horseback riders, backpackers and hikers. Along the way, they discovered extraordinary sights – groves of gnarled Bristlecone trees flaunting their ancient beauty, breathtaking views of the formidable Mt. Charleston Peak, and dark, quiet nights. Proud of their work, they all feel lucky to have experienced her priceless wonders and to call Mt. Charleston home, though just for a little while.



Back to School Open House at Fire Station 76 in Laughlin



The Clark County Fire Department is hosting a community Back-to-School Open House on Saturday, August 16, from 10 a.m. to 1 p.m. at Station 76 in Laughlin at 50 E. Laughlin Civic Dr. Open houses give Fire Department staff an opportunity to get to know the residents in the areas they serve. It is also an opportunity for families to learn more about fire preparedness, drowning prevention and resources available within Clark County. For details contact Assistant Chief Baker at (702) 250-8404.

Events for August – Southeast

- **Tuesdays** – Yoga class at the Searchlight Community Center, 5:30 pm, \$25 for 6 weeks or \$5 drop in
- **Throughout August** – Summer Programs (Craft, Dance, Fitness and more) at the Spirit Mountain Activity Center in Laughlin, call 702-298-3413 for more information
- **Mondays thru Thursdays** – Open Rec at the Searchlight Community Center, 10 am to 1 pm
- Las Vegas Metropolitan Police Dept. will hold the annual National Night Out on **Monday, August 4**, at the Laughlin Aquatic Center and then on **Tuesday, August 5** at Searchlight Park. National Night Out is designed to heighten crime and drug prevention awareness; generate support for local anti-crime efforts; strengthen police & community relationships; and, send a message to criminals that neighborhoods are organized and working together to prevent crime. It is also an opportunity for neighbors to visit and to have an overall good time with food and drinks for everyone.
- **Tuesdays thru Sundays until August 14** – Swim Lessons and other water programs for all ages begin at the Laughlin Water Park. Call 702-299-9955 for details and registration information
- **Wednesday, August 6** – End of Summer Reading Celebration at the Searchlight Library, 2:00 pm
- **Tuesday, August 12** – Laughlin Town Advisory Board Meeting at the Regional Gov. Center, 1:30 pm
- **Wednesday, August 13** – Searchlight Town Advisory Board Mtg at the Searchlight Comm Ctr, 6 pm
- **Thursday, August 14** – Youth Field Trip from Searchlight to the movies in Laughlin, for more information call 702-297-1682

Colorado River: Site of the World's Largest Tube Float

Looking for a way to beat the summer heat? How about floating down the Colorado River in an inner tube? If that sounds good to you, then on Saturday, August 9th you can join in the 8th Annual Bullhead City River Regatta. This fun event, which includes contests, vendors and even a tube valet service, is a joint effort between Bullhead City and Laughlin. With over 30,000 participants last year, this has become the world's largest tube float. For more information visit: <http://www.bullheadregatta.com/>





Who is At Risk for Heat Related Illness?

The elderly, children & people with certain medical conditions such as heart disease are at greater risk.

Stay Cool By Following These Steps

Staying cool is your best defense against heat-related illness. Below are some preventive measures everyone should take.

- Avoid being outdoors during the hottest part of the day.
- If you must go out, try going out in the early morning or later evening hours when the sun is not as strong.
- Slow down, work and exercise in brief periods. Take frequent breaks.
- Dress in light, loose clothing. Wear a wide brimmed hat.
- Drink plenty of cool fluids, but avoid caffeine and alcohol.

Signs & Symptoms of Heat Cramps, Heat Exhaustion and Heat Stroke

- Severe muscle contractions, usually in the legs or abdomen
- Elevated body temperature
- Headache, dizziness, weakness, nausea, vomiting, exhaustion
- Rapid, weak pulse becoming irregular
- Irritable, bizarre or combative behavior

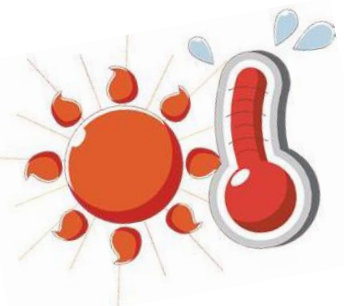
Heat Cramps - These are painful spasms usually in the leg & stomach muscles and usually accompanied by heavy sweating. They can be alleviated by moving to a cooler place and lightly massaging and stretching the affected muscles. Sip up to half a glass of cool water every 15 minutes.

Heat Exhaustion - During heat exhaustion, a person may be sweating heavily, but their skin may be cool, pale or flushed. Other symptoms are a weak pulse, fainting, dizziness, nausea, vomiting, exhaustion and headaches. Body temperature may be normal but it will likely rise. People suffering from heat exhaustion should lie down in a cool place, loosen or remove clothing and put on cool wet clothes. Sip water slowly, about half a glass every 15 minutes, but discontinue if nauseated. Seek immediate medical attention if vomiting occurs.

Heat Stroke - Also called Sun Stroke, is a severe medical emergency that can result in death. Body Temp .is high (103° F), the pulse is strong and rapid, and breathing is shallow and rapid. The person suffering heat stroke may be experiencing throbbing headache, dizziness, nausea, confusion, have red, hot and dry skin (not sweating), and may become unconscious. This person should be taken to a hospital as quickly as possible. Delay can be fatal. En route, keep the person as cool as possible by removing clothing and sponging with cool water.

How to Help

- Call 911
- Move person to cooler location
- Cool the body by bathing or sponging - water should be lukewarm to cool
- Give cool water in small sips
- Remove excess clothing and loosen existing clothing



Floats, fun & lawnmower racing at Sandy Valley celebration

The Sandy Mesquite Valley Development Association hosted their Annual 4th of July celebration with a morning parade, water fun for all ages at Peace Park, great food & riding lawn mower races.

(Editor's note – that's my horse and I carrying the American Flag in the parade. It was such an honor to be a part of the festivities!)



Events for August– Southwest

- **Every Wednesday** – Sewing group at the Goodsprings Community Center, 4 pm
- **Saturday, August 9** – End of Summer Reading Celebration at the Sandy Valley Library, 10:00 am
- **Tuesday, August 12** – Sandy Mesquite Valley Dev. Assoc. meeting at the SV Community Ct, 6:30 pm
- **Tuesday, August 12** – Sandy Valley CAC* meeting at the SV Community Center, 7:30 pm
- **Wednesday, August 13** – Mountain Springs CAC* meeting at the Mtn Springs Fire Station, 6:30 pm
- **Saturday, August 16** – Sandy Valley Senior Center Breakfast, 8 to 10:30 am
- **Tuesday, August 26** – Goodsprings CAC* meeting at the Goodsprings Community Center, 7 pm
- **Wednesday, August 27** – Red Rock CAC* meeting at the Blue Diamond Library, 7 pm

*CAC = Citizens Advisory Council

Clark County youth enjoy a day of cool fun at Camp Lee

On Monday, July 14th, kids from Indian Springs, Laughlin, Sandy Valley, Logandale & Searchlight got the chance to spend the day among the tall pines and fresh air at the “Beat the Heat Day @ Camp Lee” in Lee Canyon. There were plenty of activities for them to choose from including archery, the high ropes course, mountain biking, hiking and crafts. As you can see from the smiling Indian Springs attendees below, there was lots of fun to be had just hanging out on the playground and enjoying the cooler mountain temperatures!



Events for August – Northwest

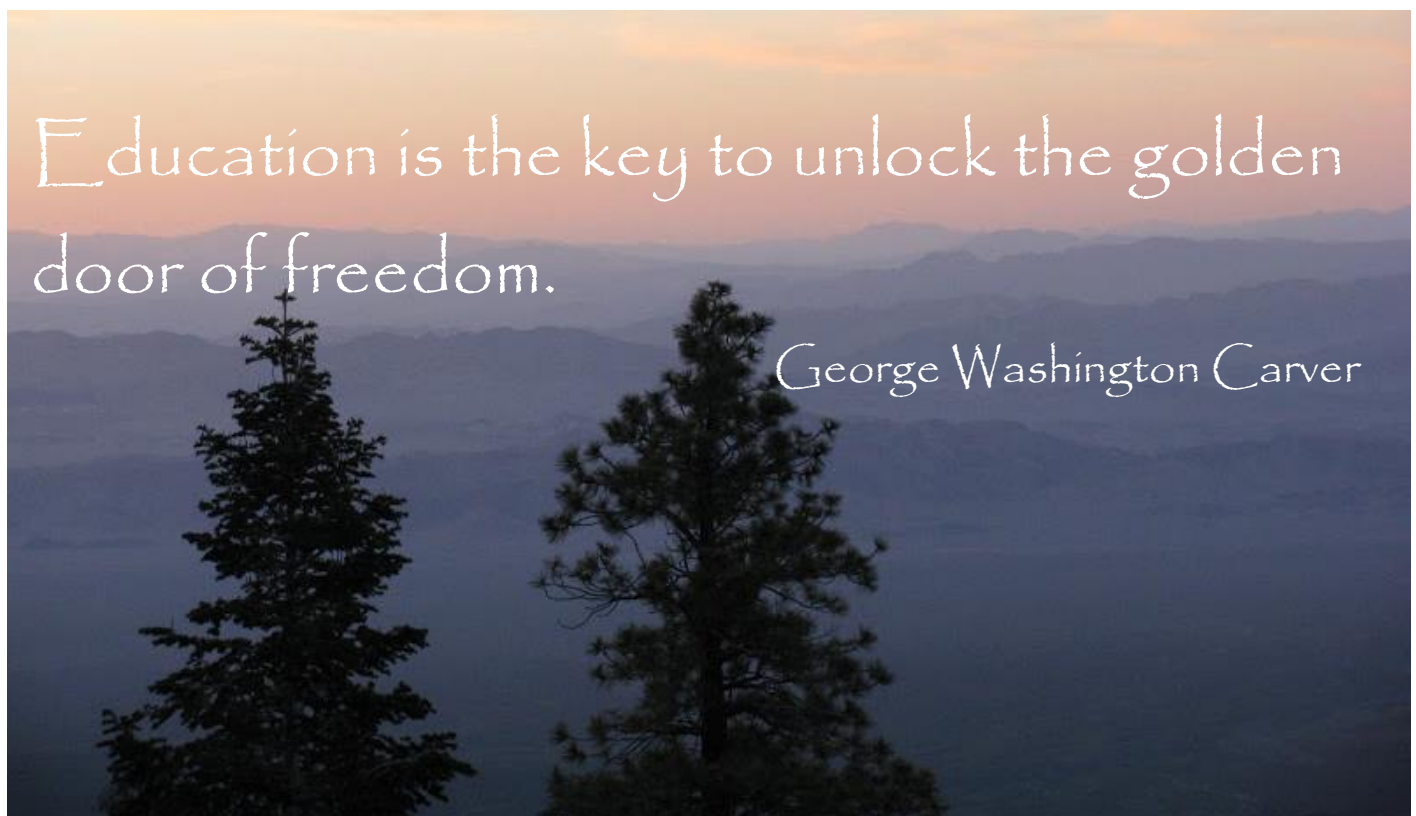
- **Tuesdays** – Coupon exchange at the Indian Springs Community Center, 6 pm**
- **Wednesdays** – Coffee Talk social time at the Indian Springs Community Center, 10:30 am**
- **Tuesdays, Wednesdays & Thursdays until August 21**– Open Rec at the Indian Springs Community Ctr, 10am – 2pm**
- **Tuesdays, Wednesdays, Thursdays & Saturdays** – Indian Springs Pool is open 1–5 pm**
- **Thursday, August 7** – Adult Game Night and Social Time at the Indian Springs Community Center, 7 pm, 16 years and older
- **Wednesday, August 13** – Kids Craft at the Indian Springs Community Center, 12:30 pm, Cost \$1
- **Thursday, August 14** – Indian Springs TAB meeting at the Indian Springs Community Center, 7:30 pm
- **Monday, August 18** – End of Summer Kids Extravaganza at the Indian Springs Community Pool**
- **Thursday, August 28** – Mt. Charleston TAB meeting at the Mt. Charleston Library, 7 pm
- **Thursday, August 28th** – BINGO at the Indian Springs Community Center, 7 pm**

*TAB = Town Advisory Board **For information contact Teresa Hazel at 702-879-3890

Events for June – Northeast

- **Mondays thru Thursdays until August 7** – Summer Recreation at the **Bunkerville** Community Center, 9 am – 3 pm, call 702-346-5260 for more information
- **Mondays thru Thursdays** – Summer classes (golf, art, dance and more) at the **Moapa** Recreation Center, call 702-864-2423 for schedule and registration information.
- **Mondays thru Thursdays until August 7**– Summer Recreation, Sports Camp and other programs at the **Moapa Valley** Sports Park. Call 702-398-7480 for more information.
- **Wednesday, August 13** – Moapa Valley TAB* meeting at the Moapa Valley Community Center, 7 pm
- **Tuesday, August 26** – Moapa TAB* mtg at the Marley P. Robinson Justice Court & Community Ctr, 7 pm
- **Thursday, August 28** – Bunkerville TAB* meeting at the Bunkerville Community Center, 7 pm

Good luck to all of the kids heading back to school on August 25th. Here's a little inspiration to start your year with...



If you would like to receive Rural Connections or would like to contribute community events, articles or photos, please contact Meggan Holzer at meggan@clarkcountynv.gov or 702-455-0341



...and best wishes to Chief Johnson!

If you have ever attended a community clean-up, a Volunteer Fire Department Open House or any other kind of community event in our rural communities, you have undoubtedly met Clark County Assistant Fire Chief Mike Johnson. As the Head of the Rural Division of the Clark County Fire Department he has managed a total of 13 fire stations staffed by volunteer fire fighters in unique communities ranging from mountain villages to desert towns to ranching communities – and everything in between! Even if you only met him one time, you will understand how sad we all are that he is leaving Clark County at the end of August. He has been selected to serve as Fire Chief for a small fire district located in northern California which will locate him closer to family and give him the opportunity to share his knowledge and skills with a new group of fire professionals.

I have been fortunate to work closely with him for the past 2 years. Not only has he been a supportive and dependable partner, but also a great source of advice, encouragement and humor. His genuine smile and can-do attitude have been such a pleasure to me – and to all of those that he has worked with. It is rare to find someone that is universally liked and respected – and that's exactly what Mike is. He is a shining example of public service and does all of us here at Clark County proud.

Mike – you are going to be missed. Good luck in all of your future endeavors. California is sure lucky to have you!

Meggan Holzer
& your whole Clark County Family

